UCSF
Newsbreak

News for the UCSF Campus Community

VOL. 13, NO. 1 DECEMBER 19, 1997

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UCSF Stanford Health Care fiscal growth on target

By LISA CISNEROS

Expecting a $20.8 million operating gain in its first fiscal year, newly born UCSF Stanford Health Care is so far meeting its financial goals according to the chief financial officer of the merged medical enterprise.

Lawrence Furnstahl, who began as CFO on Sept. 1, reported last Thursday that by adding investment income and subtracting debt and other non-operating items, UCSF Stanford will net $31.6 million, an amount sufficient to pay for capital improvements and to maintain a positive cash flow for next year. The new health care corporation will also be able to increase support for the academic missions of schools of medicine at both UCSF and Stanford.

UCSF Stanford's first-year $1.4 billion operating budget is based on a compilation of existing plans approved at UCSF, Stanford Health Systems and Lucile Packard Children's Hospital.

UCSF Stanford will see an $8 million cut in Medicare support for indirect medical education plus an additional loss of the financial benefits of UC's pension fund, which remains with the University, but these items are more than offset by cost savings of $19 million from operational improvements, Furnstahl said.

Average daily census is projected at 879 enterprisewide and the average length of stay is expected to be 5.6 days, he added. And although the budget assumes continued movement of care from the inpatient to the outpatient setting, the overall growth rate of all patient activity is projected to increase by 3 percent, Furnstahl said.

The UCSF Stanford budget also includes $7.5 million for contingencies in

(See **USHC** on page 8)

Glide tidings in San Francisco's Tenderloin

By DALE MARTIN

For residents of San Francisco's impoverished Tenderloin neighborhood, the opening of the Glide Free Health Care Clinic offers an opportunity to live healthier lives.

For too long, residents in the area have had to rely on emergency care at local hospitals — or get no care at all. With the official opening this month of the clinic, all that has changed as the ill and injured now have access to two fully equipped exam rooms in a community atmosphere that residents have come to trust.

"The patients are thrilled there is a free clinic," says Grace Galzagorry, the UCSF nurse practitioner who is director of the clinic. "One of the first patients to come in was a woman with dental abscesses. She hugged me and told me she was glad we were here. She was just jubilant."

At a time when health care continues to be out of reach to many uninsured or low-income residents in San Francisco, the UCSF School of Nursing's department of community health systems has joined in a unique partnership with Catholic Healthcare West-West Bay Region and Glide Memorial United Methodist Church to break the cycle of costly and ineffective emergency care while bolstering health in the community by offering free health services.

"Our patient population is the homeless, substance abusers, mentally ill and minorities," says Galzagorry. "Many of these people just didn't know where to go."

Faculty will be able to integrate their considerable expertise in mental health and substance abuse, HIV/AIDS, home care, infomatics, adult primary care and occupational health.



Chris T. Anderson

Among those rejoicing at the official opening of a new health care clinic at Glide Church on Dec. 7 are, from left, Zina Mirsky, associate dean of the School of Nursing, Kim Debas, wife of the UCSF chancellor, Jane Norbeck, dean of the School of Nursing and Suzanne Henry, assistant professor of Community Health Systems.

Barbara Burgel, associate clinical professor in the UCSF School of Nursing, who played a prominent role in the clinic planning, also notes that Glide Church, with its established reputation in the community, offers a special advantage to the clinic.

"Having the spiritual support that Glide offers is critical. That's the philosophical underpinning of the clinic. There is a spirit of celebration and recovery at Glide that provides a nice framework for us to operate a clinic," Burgel says.

The clinic joins 40 different programs operated by the church that range from drug rehabilitation to free diapers for low-income mothers. Through the collaboration of UCSF, Glide and Catholic Healthcare West, the clinic will emphasize urgent care, although it's likely to offer primary care services as well.

The Rev. Cecil Williams, Glide's pastor, expressed gratitude to the partnership during the recent celebration at the clinic opening at the church. "A lot of folks think that when they go to the hospital they are going there to die. This is not about dying. It's about living."

Physician Gregory Fung of St.

(See **Glide** on page 8)

Cancer specialists target tumor with gene therapy

By DALE MARTIN

Cancer researchers at UCSF have clinical evidence that they can deliver synthetic genes through the bloodstream to tumor cells.

The evidence is preliminary, but it is a key finding in future development of gene therapy treatments for cancer patients, says co-principal investigator Alan P. Venook, UCSF associate professor of clinical medicine and chief of gastrointestinal oncology.

In a study conducted over the past year, a UCSF team followed 16 patients who had colon or rectal cancer that had advanced to the liver. The patients, all of whom had inoperable cancer and were receiving standard chemotherapy, were injected with a genetically engineered virus that carried a specialized tumor-suppressing gene through the bloodstream to the liver. The dosage of the virus was increased gradually in successive patients to monitor safety and to determine the level necessary for the gene to reach its targeted destination. The study was presented in San Diego recently at the Sixth International Conference on the Gene Therapy of Cancer.

"We have had extremely encouraging results," Venook says, noting the UCSF

(See **Cancer** on page 3)

Professor makes personal, professional fight against AIDS

By PAULA MURPHY

AIDS "hits us right where we live," says Helen Miramontes, associate clinical professor in the School of Nursing's department of community health systems. She would know.

An AIDS activist for years, Miramontes has worked in AIDS care since 1983. She has shown her commitment to ending the epidemic time after time, most recently by volunteering to be injected with an AIDS vaccine. Two years ago, President Clinton appointed Miramontes to the Presidential Advisory Council on HIV/AIDS. But the disease has hit her even closer to home — one of her six children has AIDS.

An AIDS advocate since her stint as president of the California Nurses Association in the 1980s, Miramontes says her latest act of activism, volunteering to be injected with an AIDS vaccine, once the FDA approves one, was a natural progression. "I've been thinking about vaccines and living with it for a long time now," she says. "I'm sure there's a risk, but living is a risk."

Conceding that making the decision was "a little scary," Miramontes, a widow, says her children are supportive, comforted by her profound knowledge of AIDS care and research. She hopes that her decision might expedite the vaccine process and also spur some action.

"I want people to focus on the vaccine and not on me doing it," she says. "Six million people a year become newly infected. This is a disease that affects young people in their prime, the producers and so forth, that generation who are the workers and the professionals and the ones who provide the nurturing and the raising of the young in a society. If we're wiping out that generation...to me it's very logical that these societies will be destabilized. We're looking at millions of children being left as orphans from this epidemic — millions."

Although antiretroviral drugs have been effective in treating AIDS in about half of infected people, Miramontes is concerned with their access, adherence and the apathy that she believes has resulted from their success. "We know the antiretrovirals are a stopgap and not a cure and they're not going to stop the epi-

(See **Miramontes** on page 6)

Martin Luther King Jr. award to go to four

By ANDY EVANGELISTA

Four campus members will be honored next month for promoting diversity and leading others to carry out the ideals inspired by Martin Luther King Jr.



UCSF medical students Kyra Bobinet and Jennifer Danek, Daniel Lowenstein, associate professor of neurology, and Stella Hsu, director of campus auxiliary services, have been named winners of this year's award. Chancellor Haile Debas will present the awards at a ceremony, Tuesday, Jan. 20, 3:30 to 4:30 p.m., in Cole Hall. The ceremony is part of a week-long campus celebration commemorating the life of the slain civil rights leader. This year's theme is "Remember! Celebrate! Act!"

Bobinet and Danek, both fourth-year students, will be recognized for their hundreds of volunteer hours helping incarcerated and at-risk youth in San Francisco and organizing a UCSF program at the city's youth guidance center. "The UCSF students teach a course about health and personal responsibility, but general lessons of life are an important subliminal message," says Michael Drake,

(See **MLK** on page 8)

Gazette

In Memoriam

Lynnle Pineda, staff nurse, critical care at UCSF/Mount Zion, died Nov. 4 in a car accident. She was 42.

A caring nurse, Pineda was known for her sensitivity to the needs and feelings of those with whom she worked. Her friends remember Pineda for her willingness to motivate and organize others to recognize and celebrate birthdays and other special occasions. She referred to herself as the "potluck queen."

Born in the Philippines, Pineda graduated high school in Huntsville, Alabama, and received her nursing degree in 1981 from Riverside Community College.

A deeply devoted mother, Pineda is survived by her husband of 14 years, Alan Reinaldo Pineda; two children, Karyn Lynnele and Tiffany Lauren Pineda, as well as many other family and friends.

Donations are being accepted at the Critical Care unit at Mount Zion for a savings bond for her children.

Honors & Awards

Orlo H. Clark, chief, department of surgery at UCSF/Mount Zion: Selected as president-elect of the American Thyroid Association at its annual meeting in Colorado. Clark is the first surgeon in 30 years to be selected president of the association.

Thomas J. Coates, professor of medicine and epidemiology, director UCSF AIDS Research Institute: Awarded the Emery Award for the Hetrick-Martin Institute in New York. This institute was founded to provide a safe educational environment for gay and lesbian youth. The Emery Award is given to individuals and organizations that have addressed the needs of lesbian and gay youth. Coates was honored for his outstanding work in HIV prevention among adolescents.


Coates

Barbara Drew, professor, School of Nursing: Awarded the Martha Hill New Investigator Award from the American Heart Association during its recent scientific sessions in Orlando, Florida. Drew was honored for her discovery that found by continuously monitoring a patient's electrocardiogram pattern during a hospital stay, problems with inadequate blood flow to the heart can be detected better than by using the current routine monitoring methods.

Charles Epstein, professor, pediatrics, Cardiovascular Research Institute: Received one of two prizes awarded to the most distinguished scientific experts for their constant work and research in some field of Down's Syndrome by the Sixth World Congress on Down's Syndrome in October.

William L. Epstein, professor, dermatology: Received a Medal of Honor from the Japanese government at an award ceremony on Nov. 21. Epstein was conferred by the Emperor of Japan the Order of the Rising Sun, Gold Rays with a neck ribbon at the official residence of the Consul General of Japan in San Francisco. He was honored for his "contributions to the education and training of Japanese scholars" of dermatology and the "promotion of academic exchange between Japan and the US." Since 1970, more than 60 students/fellows from Japan have been trained in Epstein's lab at UCSF.


Gilliss

Catherine L. Gilliss, professor and chair of the School of Nursing's department of family health care: Appointed chair of the Initial Review Group (study section) at the National Institute of Nursing Research at the National Institute of Health. Gilliss will serve as chair for two years.

Keith Mostov, associate professor, departments of anatomy and biochemistry and biophysics: Received the R.R. Bensley Memorial Lecturer Award of the American Association of Anatomists "in recognition of outstanding original contributions by a young investigator to cell biology." The American Association of Anatomists, a member of the Federation of American Societies for Experimental Biology (FASEB), will present the award next spring at the FASEB conference in San Francisco, where Mostov will lecture.

Abraham Rudolph, professor emeritus, department of pediatrics: Received 75th Jubilee Medal in recognition of his contributions as an alumnus of the Faculty of Health Sciences at the University of the Witwatersrand in South Africa.

Keith Yamamoto, professor and chair, department of cellular and molecular pharmacology: Received the Distinguished Achievement Citation by the Iowa State University Alumni Association during an honors and awards ceremony on Oct. 24. The award recognizes extraordinary achievements and preeminent contributions to agriculture, arts, business, education, industry, professions, public service, social welfare and other endeavors.


Yamamoto

Yamamoto is noted for his profound focus and intense creativity. His lab was the first to purify a steroid receptor — proteins residing in cells which bind to hormone molecules in the bloodstream — and to isolate and characterize its gene. His work has had a major impact in such fields as gene regulation, endocrinology and physiology.

Contracts & Grants

Eliseo J. Perez-Stable, professor of medicine and co-director, Medical Effectiveness Research Center for Diverse Populations: Received a 5-year award funded by a grant under the Resource Centers for Minority Aging Research program by the National Institute of Aging, the National Institute of Nursing Research, and the Office of Research on Minority Health, National Institutes of Health. The award will be used for research that will ensure the participation of African Americans and Latinos in aging research by bridging resources of communities and research institutions. The goal is to decrease racial and ethnic disparities in health by developing an infrastructure to support the ongoing participation of community-based organizations in aging research by establishing a community-based network to help in the recruitment and retention of research participants.

School of Medicine names Irby vice dean for education

David M. Irby, a nationally known authority on the evaluation and improvement of teaching in medical education, has been named vice dean for education in the UCSF School of Medicine.

The newly created position of vice dean for education carries responsibility for broad oversight and leadership of the school's educational mission, including admissions, curriculum, student affairs, postdoctoral education, and continuing medical education.

"Dr. Irby will represent the school locally, within the University of California system and nationally with regard to educational policy, and he will be involved in assessing clinical changes with regard to their impact on educational programs. His expertise and experience will be instrumental in guiding the school through the changes that lie ahead," says UCSF Chancellor Haile T. Debas, who also serves as dean of the UCSF School of Medicine.

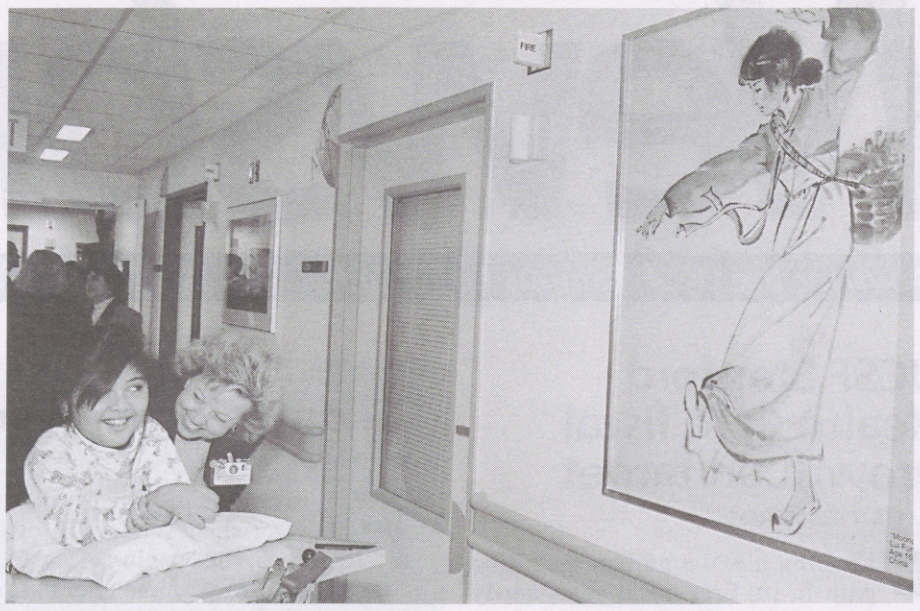
Irby comes to UCSF from the University of Washington in Seattle, where he has served as professor and acting chair of medical education and director of the Center for Medical Education Research, one of three such federally funded centers.

With studies published in journals such as the New England Journal of Medicine and Academic Medicine, Irby is noted for his research on clinical teaching in medicine. His research describes excellent clinical teachers in terms of what they know, how they think, and what they do.

Irby is also known for faculty development workshops that he conducts nationally and internationally. He has served as director of the Faculty Development and Teaching Scholars Programs at the University of Washington School of Medicine.

Earlier this year, Irby received a Distinguished Career Award from the American Education Research Association. The award recognizes outstanding educational research that is applicable across all professions.

Irby received a doctoral degree in education from the University of Washington and completed a postdoctoral fellowship in academic administration at Harvard Medical School. In addition, he holds a master of divinity degree from Union Theological Seminary in New York and received his bachelor's degree from Graceland College in Lamoni, Iowa.


Chris T. Anderson

A new pediatric unit

Sherrylou Agustin, 9, enjoys the art in the newly opened pediatrics unit on 7-Long with nurse administrator Inez Weiging. Sherrylou, who has rheumatoid arthritis, is able to ride her three-wheeler around the unit, but she looks forward to dancing like the woman in the portrait.

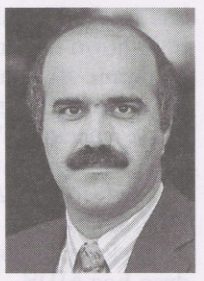
Appointments

Yvonne L. Kapila: Appointed assistant adjunct professor in the division of periodontology, department of stomatology.

In October, Kapila was awarded the prestigious Balint Orban Research Award at the 83rd Annual Meeting of the American Academy of Periodontology. This is the highest research honor and competition award given to recent graduates of periodontology specialty programs.

After earning her DDS at the UCSF School of Dentistry, Kapila continued at UCSF, graduating from the Graduate Program in Oral Biology with her PhD in oral biology and a certificate in periodontics. The focus of her research is to understand cell-matrix interactions, in particular those that govern the health and stability of the periodontium and its components. Since 1993, her work has been supported by a Dentist-Scientist Award from the National Institute of Dental Research. Kapila sees patients as a member of the Periodontology Faculty Practice.

Ara Tahmassian, director of Environmental Health & Safety: Appointed acting director for the Animal Care and Cell Culture Facility (ACF). Tahmassian will perform dual responsibilities while the campus searches for a permanent ACF director.


Tahmassian

Tahmassian replaces longtime director Joseph Spinelli, who retired from UCSF after 30 years of service. Spinelli was instrumental in carrying out major changes that have improved the services and growth of the animal care facility. Spinelli will continue to provide, as a consultant, guidance for UCSF as it prepares for the animal facilities at the Mission Bay campus.To contact Tahmassian in his role as acting director of the ACF, call 476-5869.

Correction

A previous issue of Newsbreak listing the names of those elected to the National Academy of Sciences mistakenly left out the name of a UCSF member. Manuel F. Morales, professor emeritus of biophysics, was elected a member in 1975.

Private Support

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Mammograms for younger women less cost effective

Contrary to previous findings, mammographic screening for younger women is not as cost effective as it is in older women, according to researchers at the San Francisco Veterans Affairs Medical Center and UCSF.

The study cites three key reasons for the team's conclusions. First, the incidence of breast cancer in younger women is comparatively low — women between the ages of 50 and 69 are two to three times more likely to develop the disease. Second, the benefit of screening women beginning at the age of 40 does not become apparent for 10 years. And finally, in comparison to older women, the benefit of screening younger women is small.

According to the researchers, taken together these three factors clearly indicate that screening mammography is less cost effective in younger women. The team contends, therefore, that mammography screening programs should focus on 50- to 69-year old women, in whom the benefits are clear and the costs are acceptable.

Results of the team's findings are important because of ongoing debate about breast cancer screening for women in their forties.

"Two recently published reports that looked at women between the ages of 40 and 69 have suggested mammographic screening of younger women is just as cost effective as for older women," says Peter Salzmann, attending physician at SFVAMC. "Yet each failed to take into account that no benefit for women aged 40 to 49 occurs until 10 years after the initiation of screening. It was this omission that prompted us to more closely examine the issue."

The new study uses updated results from the randomized, controlled trials analyzed in the earlier reports and researchers incorporate updated costs for mammography and for treatment.

Taking this new data into account, the SFVAMC-UCSF team found that to prevent one death among women 40 to 49 years of age, 2500 women would have to be regularly screened. In comparison, only 270 women in the 50- to 69-year old group need to be regularly screened to prevent one death. By screening only women aged 50 to 69, rather than both age groups, the researchers calculated that nine times as many deaths could be prevented for the same amount of money.

—James Larkin

Researchers develop vaccine for breast cancer

By DALE MARTIN

With a goal of preventing tumors from spreading to the level of invasive breast cancer, UCSF researchers are developing a vaccine that targets a specific protein that might prove to be an effective therapy in controlling the disease.



Esserman

Laura Esserman, director of the UCSF Breast Care Center, has been working for the past three years to develop a non-toxic tumor vaccine.

Unlike vaccines that prevent people from becoming ill, cancer vaccines now under study are being designed to fight against illness that have already occurred and prevent its further spread, thereby reducing the chance of death.

This vaccine strategy might be an ideal intervention to prevent pre-malignant lesions called ductal carcinoma in situ (or DCIS) from becoming invasive breast cancer, says Esserman, who presented her findings Dec. 4 during the 20th Annual San Antonio Breast Cancer Symposium.

The symposium brought together experts from around the country and is regarded as one of the premier meetings in the nation that is totally devoted to breast cancer.

Of the 183,000 women who are diagnosed with breast cancer each year, about 10 to 15 percent are diagnosed in the premalignant stage with DCIS. These lesions have the potential to turn into an invasive cancer even after lumpectomy treatment in 10 to 30 percent of cases. Once patients are aware the cancer could advance, many opt for aggressive treatment, leading to an overall increase in the rates of mastectomies.

"We believe that the very early diagnosis of a cancer may be the ideal time to intervene with a preventative strategy, such as a vaccine," Esserman says.

The vaccine strategy, which has been tested in laboratory mice, is targeted at the HER2/neu oncogene, a genetic alteration thought to play a role in 25 percent of all breast cancers. Too much of this gene causes over-production of a protein that attaches to the cell surface and promotes tumor growth. Studies have shown that the DCIS lesions that are most likely to progress, and progress early, are high-grade DCIS. Eighty-five to 90 percent of high-grade DCIS lesions and 50 percent of all DCIS lesions have HER2/neu protein on their cell surface. This protein is the basis for the vaccine intervention.

In order to test the theory, researchers used mice that were genetically altered using the HER2/neu gene through work by William Muller of McMaster University, in Ontario, Canada. The mice eventually developed tumors in the mammary glands that carried the HER2/neu protein on the surface. After researchers immunized the animals, the mice developed antibodies to the HER2/neu protein — demonstrating the presence of an immune response.

Only 50 percent of the immunized mice developed tumors, compared to a rate of 90 percent without the vaccine.

"This first pilot experiment shows 'proof of concept' that a vaccine strategy could prevent the development of tumors. We need less invasive strategies for women who are detected with very early cancers, and we will need new models to test this in women," Esserman says.

"Not only do we believe this has potential for application, we are in the process of applying for a clinical translational research grant to further our studies, develop a most promising vaccine strategy, and test it in a clinical trial within three years," she adds.

Research colleagues include Brian Fendly, Genentech, Inc.; Michael Campbell of the UCSF Cancer Center; and Theresa Lopez and Ruben Montes, UCSF department of surgery.

Need to Save Campus Water as Simple as A, B

By CLAIRE ANSELMO

UCSF's Water & Energy Awareness Program is asking the campus community to step up its water conservation efforts in light of last month's passage of Propositions A and B — bond measures which authorize San Francisco to borrow more than $300 million to upgrade water system facilities and to improve drinking water treatment systems.

According to estimates in the City Controller's statement to voters, consumers can expect an increase as high as 15 to 18 percent in water rates as a result of the measures, which passed in the Nov. 4 special election. The new rates will go into effect after approval of the budget by the Public Utilities Commission, the Mayor's Office and the Board of Supervisors.

"We won't specifically recommend a budget to the Mayor until February or March," says Bill Laws, rate administrator with the San Francisco Public Utilities Commission. "It's a drawn out process, and the new rates would probably not be effective anytime before July 1."

But it's not too early to begin conserving water.

"This increase will have a serious impact on UCSF's already tight utility budget," says Dave Bohler, manager of technical engineering support for Facilities Management, whose group initiated the campus Water & Energy Awareness Program.

For UCSF a 15 to 18 percent increase in water rates would mean a jump from the current $2.27 million per year to between $2.61 and $2.68 million per year.



Compounding matters, 302 million gallons of water per year are used currently at UCSF, making the campus among the top 100 consumers of San Francisco's water, Laws says.

Water usage only promises to continue increasing, Bohler says — unless greater conservation efforts are implemented. According to Bohler, water usage has increased since 1992-93, and the rise in water costs has come primarily from sewer charges. The campus community, however, can do its part to minimize waste and costs.

"This is a good 'wake-up' call for all of us to review our own activities and to look for ways to try saving water, before the higher rates hit," Bohler says.

Bohler continues to encourage faculty, students and staff to report any drips or leaks to building managers immediately. He also urges anyone who sees a faucet running or dripping to turn it off and recommends turning off any water-cooled equipment when it is both not in use and safe to do so.

Additional information about campuswide water conservation and the UCSF Water & Energy Awareness Program may be obtained by calling the hotline at 502-8350; visiting the Facilities Management website (www.fm.ucsf.edu/energy.htm); or sending email to the program (hydrowatt@ fm.ucsf.edu).

Cancer (from page 1)

researchers were able to show "gene expression" in the last four of the 16 patients where the dosage had dramatically increased.

"For the first time, we were able to get the gene into the liver other than injecting it directly into the tumor," he explains. "This was the proof of a principle that we can get the gene into tumor cells and get it to function."

This step has long proven elusive to cancer specialists.

Each year, about 140,000 people in the US are diagnosed with colon or rectal cancer, and 40 percent of those patients die of liver failure when the disease spreads, or metastasizes, to other parts of the body. The liver is the dominant recipient in this process, and in such cases, more than 80 percent of patients die of liver failure.

Scientists in recent years have looked to gene therapy to treat cancer as well as other life-threatening illnesses. In gene therapy, physicians attempt to fight or prevent disease by altering the genetic make-up of some of the patient's cells.

Researchers in the UCSF study focused on p53, a tumor-suppressor gene. When introduced into cancer cells in the laboratory, p53 induces a cell suicide program. The majority of patients with colo-rectal cancer lack the normal p53 gene. This loss of p53 function allows cells, in effect, to misbehave and allows cancer to spread. By restoring p53 into human cancers, the lifespan of cancer cells can be controlled. In addition, restoring p53 may also enhance the efficiency of chemotherapy.

"The challenge has been to deliver this lethal blow to tumors in patients," says Robert Warren, UCSF associate professor of surgery and chief of surgical oncology, who is co-principal investigator. "Early in the study, we found evidence that the viral delivery system was indeed infecting the tumors, and we have now found that the p53 gene delivered to the patient is working at the clinical level. It is an important step in regional gene therapy."

UCSF researchers found no major complications in the patients, although fever and a flu-like syndrome occurred in some.

The UCSF study is funded by the pharmaceutical company, Schering-Plough Corporation. The virus used as the vector was an adenovirus, which is associated with the common cold.

Patients interested in the clinical trial should ask their oncologist to call 800/444-2559.

VA hospital adapts care for women

As more women serve in the armed forces, Veterans Affairs hospitals across the country are seeing an increasing number of female veterans. The problem is, many VA health care providers, both male and female, simply aren't used to treating women.

In response, physicians at the SFVAMC Women Veterans Comprehensive Health Center have created a "mini-residency" in women's health. The goal of the five-day program is to familiarize VA primary care clinicians with the unique health concerns of women. Applications were solicited from VA health care providers across the nation and selection was based on interest, qualifications, and need. A total of eight primary care providers were chosen to participate in one of two pilot sessions.

Comprised of lectures, demonstrations and hands-on practice, the program is patterned after the traditional residency model of medical training. Topics will include abnormal PAP smears, benign breast lumps, urinary incontinence, and sexual trauma.

"This program is unique within the VA because participants examine specially trained model patients who are expert in physical examination techniques," says Karla Kerlikowske, associate chief of the SFVAMC women's center and coordinator of the mini-residency. Each "patient" has a simulated medical condition that practitioners must diagnose. After the exam, the model patient and a physician observer give the practitioner extensive feedback on his or her technique, bedside manner, and communication skills.

After successfully completing the mini-residency, it's expected that participants will return to their respective facilities and serve as mentors to other primary care providers who treat women. In the future, the mini-residencies could be replicated at each of the VA's seven other Women Veterans Comprehensive Health Care Centers.

—James Larkin

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22 Monday

MOBILE MAMMOGRAPHY VAN: The UCSF van offers convenient breast cancer screening, 9 a.m.-3 p.m., Laurel Heights parking lot. The exam costs $75 and takes about 20 minutes. Written or verbal approval from a doctor is required. Call 476-2193 for an appointment and for other dates and locations.

23 Tuesday

SKI TRIP: Outdoors Unlimited is offering two ski trips, Dec. 23-28 and Dec. 30-Jan. 4. Spend Christmas and/or the New Year skiing and partying in OU's large, comfortable North Tahoe cabin. Cost $145/180/190. To sign up, call 476-2078.



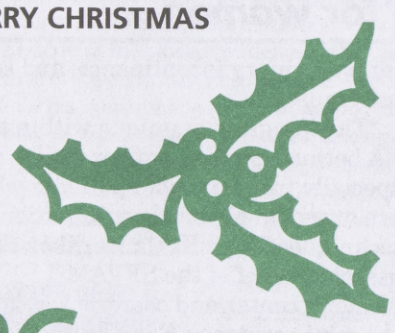
24 Wednesday

HAPPY HANUKKAH



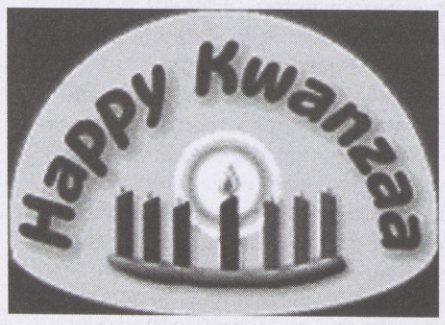
25 Thursday

MERRY CHRISTMAS



26 Friday

HAPPY KWANZAA



1 Thursday

HAPPY NEW YEAR

2 Friday

MOBILE MAMMOGRAPHY: The UCSF van offers convenient breast cancer screening, 9 a.m.-3 p.m., UCSF/Parnassus near the library. The exam costs $75 and takes about 20 minutes. Written or verbal approval from a doctor is required. Call 476-2193 for an appointment and for other dates and locations.

5 Monday

MOBILE MAMMOGRAPHY VAN: See 12/22 listing.

7 Wednesday

BROWN BAG LECTURE: Lynn E. Ponton, professor, clinical psychiatry, director, child and adolescent consultant liaison service, and author of "The Romance of Risk: Why Teenagers Do the Things They Do" and co-author of "Handbook of Adolescent Health Risk Behavior" presents *The Romance of Risk: Why Teenagers Do the Things They Do*, 12:10-1 p.m., HSW 300. Come hear a new theory about parenting adolescents. Sponsored by Public Service Programs. Free. Call 476-4394.

PHANTOM BALL: The UCSF Faculty Associates is offering tickets to Marriage of Figaro, 6 p.m., SF Opera House. The ball benefits student loans and scholarships, and the UCSF Young Women's Clinic. Ticket prices vary. Call 476-6886.

8 Thursday

ABOG SEMINAR: The Academic Business Officers Group (ABOG) presents *Benefits of Belonging — New Beginnings,* noon-1:30 p.m., M 1486. This interactive session will include a discussion of the benefits of ABOG membership, upcoming events, special career development sessions, ABOG mentorship program, ABOG library resources, and social events. This program is designed for new ABOG members who want to discover what the organization has to offer, current members who want to be more involved, and for any UCSF employee (AAIII or higher classification) who is considering joining ABOG. Call 476-5904 or email sandeen@itsa.ucsf.edu.

COLE HALL CINEMA: Millberry Programs & Services presents *Shall We Dance*, 5:45 & 8:15 p.m., Cole Hall. Rated PG. Tickets can be purchased at the door only. Box office opens 1/2 hour before showtime. Cost $2 child (14 & under); $2.50 UCSF students/MU members; $3 UCSF staff/other students; and $3.50 general public. Call 476-6932.

9 Friday

MOBILE MAMMOGRAPHY VAN: The UCSF van offers convenient breast cancer screening, 9 a.m.-3 p.m., UCSF/Lakeshore Plaza, 1501 Sloat Blvd. The exam costs $75 and takes about 20 minutes. Written or verbal approval from a doctor is required. Call 476-2193 for an appointment and for other dates and locations.

GORDON TOMKINS LECTURE & CONCERT: Richard Axel, a noted neuroscientist and molecular biologist at Columbia University, will present the annual lecture and concert, 3-5 p.m., Cole Hall. Reception to follow, 5-7 p.m., Faculty/Alumni House, 745 Parnassus Ave. Sponsored by the department of biochemistry & biophysics. Call 502-5141.

COLE HALL CINEMA: See 1/8 listing. Showtimes are 6:30 & 8:30 p.m.

14 Wednesday

BROWN BAG LECTURE: Peter Van Etten, president and chief executive officer, UCSF Stanford Health Care, presents *UCSF Stanford Health Care: Academic Medicine's New Superstar,* 12:10-1 p.m., HSW 300. Hear a discussion about UCSF's academic mission — will it be nurtured or hampered? Sponsored by Public Service Programs. Free. Call 476-4394.

15 Thursday

BROWN BAG LECTURE: John Beeson, financial planning and benefits office, presents *Final Conflict Resolution: A Couple's Guide*, noon-1 p.m., at Mission Center, 1855 Folsom St., Rm. 3. Learn how to stop arguing about money and refocus your energies towards achieving your financial goals in 1998! Sponsored by Public Service Programs. Free. Call 476-4394.

COLE HALL CINEMA: Millberry Programs & Services presents *The Full Monty,* 5:45 & 7:45 p.m., Cole Hall. Rated R. Tickets can be purchased at the door only. Box office opens 1/2 hour before showtime. One discounted ticket per ID only. Cost $2 child (14 & under); $2.50 UCSF students/MU members; $3 UCSF staff/other students; and $3.50 general public. Call 476-6932.

16 Friday

COLE HALL CINEMA: See 1/15 listing. Showtimes are 6:30 & 8:30 p.m.

Poison experts urge holiday caution

Holidays can be fun but they also can be hazardous for small children. By paying attention to just a few tips from California Poison Control System experts you can avoid many potential accidents and have a happy holiday season.

- Mistletoe, holly berries, and Jerusalem cherries can be very poisonous if swallowed. Poinsettia plants are not as dangerous as people believe but they can irritate the mouth and stomach. Holiday plants should be kept out of a child or a pet's reach.
- Christmas trees (pine, spruce, cedar, fir or juniper) are not poisonous but they can result in stomach irritation if any part of the plant is eaten. Also, choking may occur if pine needles are chewed or swallowed. Skin irritation may occur if the sap is not washed off soon after exposure.
- Don't let children play with angel hair. Angel hair consists of spun glass similar to fiberglass and can injure eyes, skin, stomach and intestines if swallowed.
- Spray snow is an aerosol spray containing a white substance made of waxes and chemicals. Ingestion of a small amount is not a serious problem, but inhaling the propellants and solvents from the can or spraying the aerosol near the eyes can cause injury. Use spray snow according to directions and in properly ventilated areas.
- Icicles and tinsel are made of plastic, tin or lead. If small pieces are swallowed, they can obstruct breathing but do not pose a serious poison danger. Try to avoid using tinsel on parts of the tree that a child can reach.
- Batteries can be hazardous if bitten or swallowed. The alkaline contents can leak from the battery and cause a chemical burn to the mouth, lips and tongue. Swallowed batteries can obstruct the airway or esophagus. Even the small disc or button shaped batteries can be dangerous. Do not leave batteries in reach of small children.
- Ribbons and wrapping paper can be attractive to children and pets. If they are sucked on, these materials can release a dye. However, the dyes are non-toxic.



- "Bubble lights" (the electric bubbling lights that can be added to the tree light strings) may contain methylene chloride. If swallowed, this liquid is very irritating and can be converted in the body to carbon monoxide. Keep bubble lights out of the reach of children.
- If your child eats a Christmas ornament, remove any pieces from the child's mouth so they don't obstruct breathing. Most ornaments today are made of thin plaster, glass or styrofoam and are not poisonous if swallowed. Heirloom ornaments or antique ornaments, however, can be dangerous if their painted surface contains lead.
- Candy and chocolate in large amounts are not healthy for children or especially pets. Chocolate contains an ingredient called theobromine. Dogs and cats have a low tolerance to this substance and a large dose could cause serious illness or even death in a dog or cat.
- Most scents, colorings and waxes in holiday candles are non-toxic. But melted wax or unattended candles left near flammable material can cause fires and/or serious burns. Keep lighted candles out of reach of children.
- Remember to keep alcoholic drinks away from children. Unfinished drinks left out after a party can be attractive to small children and can seriously poison a child.

If you think that someone may have been poisoned, call the California Poison Control System. The Public Emergency 24-hour hotline is 1-800-876-4766.

—Alice Trinkl

UCSF'S ELECTRONIC DAILY
DAYBREAK
FOR DAILY NEWS GO TO www.ucsf.edu/daybreak/

UPCOMING EVENTS

Pediatric symposium

The division of behavioral and developmental pediatrics, department of pediatrics, in conjunction with the Child and Adolescent Psychiatry Service, Langley Porter Psychiatric Institute, will be holding "An Update in Behavioral/Development Pediatrics," Saturday, Jan. 24. The program has been designed to provide an update of clinical approaches for particularly challenging childhood disorders and for common dilemmas of assessment and management. Cost is $125 for physicians and doctorate degrees; $95 for nurses, therapists, and educators; and $50 for physicians in training with a letter of verification from the training program;. Cost includes tuition and syllabus, and refreshment breaks. Registration will be held from 8 to 8:30 a.m. in the Medical Sciences lobby, 513 Parnassus. To register, call 476-5808.

Campus blood drive

January is Donor Awareness Month. The January Campus Blood Drive is scheduled for Wednesday, Jan. 28, from 9 a.m. to 5 p.m., in the MU Conference Center. The Blood Center is located at 505 Parnassus, Room L 131. The Center's hours are Monday through Friday, 8 a.m. to 7:45 p.m. and on Saturday, 9 a.m. to 4:30 p.m. No appointment is needed. For more information, call 476-6989.

Coping skills workshop

The UCSF Psychiatry Care Clinic offers a ten-week psychoeducational program for people who want to reduce distress associated with chronic illness (i.e. diabetes, hypertension, lupus, arthritis, migraines, gastrointestinal diseases, etc.). This workshop is part of an effort to enhance the quality of health care for people living with chronic medical illnesses. Skills will be taught for coping with pain, medication management and related issues, relaxation techniques, in addition to learning about the relationship between mood and illness.

Groups are anticipated to begin the second week of February and will meet at 2330 Post St. (across from Mount Zion); the time will be determined by participants' needs. Cost is $30 per session. Currently, the clinic is offering free informational interviews to anyone who is interested. For more information, please call Patricia Arean, at 353-7274 or Ellen Resnick, at 476-7815.

Pediatric urology seminar

The School of Medicine and the Office of Continuing Education host their annual Pediatric Urology Seminar on Friday, Feb. 6. Alan B. Retik of Harvard University will be the visiting professor and local faculty will round out the program. This informal seminar allows abundant time for interaction with the faculty, so plan to bring the most difficult and challenging cases for discussion. The seminar will also continue the tradition of presenting "unknowns" with prizes for best "guests." Folks are encouraged to stump the visiting professor (without making the local faculty look too bad). For reservations and information, please call the School of Medicine at 476-1611.

Neurology seminar

The School of Medicine's department of neurology and the Office of Continuing Medical Education hold the 31st annual "Recent Advances in Neurology" seminar on Wednesday through Friday, Feb. 11-13, at the Fairmont Hotel in San Francisco. The seminar is designed for the practicing neurologist and will provide a review of clinical neurology, with a special emphasis on areas in which advances in understanding have occurred or progress in patient management has been made. Tuition fees are $395; $245 for interns, residents or fellows if a letter of verification from their training program is enclosed with an application. For advance enrollment, call 476-5808, or by fax, 476-0318.

Community health education series for seniors

The UCSF/Mount Zion Center on Aging sponsors the Community Health Education Series will be featuring 6 half-day, Saturday workshops on health issues of particular concern to seniors. The goal of the series is to make available to community seniors high-quality, cutting-edge information presented by clinical experts at UCSF that will enable attendees to become informed consumers of health care and to be proactive about their own health and well-being. Upcoming programs include: Saturday, Feb. 14 "Counting Sheep: Conquering Sleep Problems," and Saturday, Mar. 28 "Osteoporosis: The Silent Thief." The workshops are free of charge, but pre-registration is required as seating is limited. For more information, call the UCSF/Mount Zion Center on Aging education office at 750-5342.

Women's health and wellness

UCSF hosts "Gaining Knowledge and Understanding for Women's Health and Wellness," an all-day symposium on Saturday, March 21, geared for women of all ages. Over 25 topics will be discussed, including menopause, breast cancer, fertility and stress management. UCSF also presents Teen Health 2000, a series of interactive workshops designed exclusively for young women ages 13-18. These sessions will run concurrently with the adult Women's Health 2000 program.

In celebration of the fifth annual Women's Health 2000 symposium, Dr. Susan Blumenthal, Assistant Surgeon General and Rear Admiral in the United States Public Health Services, will deliver the keynote address. An internationally recognized expert in women's health, Dr. Blumenthal served as the country's first woman Deputy Assistant Secretary for women's health in the Department of Health and Human Services.

The event is sponsored by the UCSF Department of Obstetrics and Gynecology and the UCSF National Center for Excellence in Women's Health. It will take place at 513 Parnassus, from 8 a.m.-4:30 p.m. Cost is $40 for adults, $5 for teens, and $30 for seniors. For more information and a free brochure, call 415 675-0177.

Plastic surgery forum

The division of plastic surgery at UCSF and Davies Medical Center, San Francisco, will present the 10th annual "Symposium on Aesthetic Surgery, Featuring Live Surgery," on Thursday through Saturday, Mar. 26-28, at the Mark Hopkins Inter-Continental Hotel, 1 Nob Hill, San Francisco. This interactive symposium is designed to provide a review and update of current techniques in aesthetic surgery for board-certified or board-qualified plastic surgeons. Operations will be televised with large screen viewing, and moderators will facilitate direct audience participation with the surgeon. Tuition is $950 for members of the ASPRS or of the ASAPS; $1000 for non-members; $400 for plastic surgery residents who submit a letter of verification from the training program along with an application. For advance registration, call 476-5808, or by fax, 476-0318.

Celebrating the Humanities

The University of California is holding a year-long celebration of the humanities to commemorate the 10th anniversary of the Humanities Initiative, an effort that has provided more than $20 million in funding for humanities programs and fellows throughout the system.

The UC Office of the President, the President's Advisory Committee on Research in the Humanities and campus groups have organized more than 20 special anniversary events to showcase the humanities, including a day-long UCSF program, titled "Intimate Portraits: Body Imaging Technologies in Medicine and Culture," on Saturday, April 4, at Millberry Union. The program, one of a series of events celebrating the anniversary at each of the nine UC campuses, is sponsored at UCSF by the department of history of health sciences.

President Richard Atkinson said the initiative has attracted top scholars and students to UC and reflects the deep and abiding value of humanities education and scholarship to the intellectual life of the university.

"Creativity, vision, and critical thinking are at the heart of the humanities," Atkinson said. "Many of our best and brightest thinkers in all varieties of careers, including scientists, doctors, lawyers and engineers, have benefitted from the humanities, as have all the university's graduates. We take great pride in this extraordinary program and UC's achievements in the humanities over the past 10 years."

The initiative, begun in 1987, was developed by then-UC President David P. Gardner as a call to strengthen the humanities and its disciplines throughout the university. The initiative is a four-part program which has provided funding for faculty research fellowships, graduate student fellowships, campus-based organized research, and the Humanities Research Institute, located on the UC Irvine campus. It has benefitted more than 200 faculty members and 300 students and resulted in the creation of numerous publications and community projects.

UC humanities programs have flourished because of the initiative. In its last report, the National Research Council ranked 33 UC humanities graduate degree programs among the nation's top 20 programs by discipline for quality of faculty; of these, 17 ranked in the top 10.

UCSF to celebrate life of Martin Luther King Jr.

TUESDAY, JAN. 20

- MLK Awards Ceremony, 3:30-4:30 p.m., Cole Hall.
- "One Man's Vision and Our Struggle For Humanity," a one-hour video, will be shown continuously, 9 a.m. to 5 p.m, in the Medical Sciences Lobby, beginning Tuesday.

WEDNESDAY, JAN. 21

- San Francisco Supervisor Amos Brown presents a lecture, "Of King and Country," 12:10 to 1 p.m., HSW 300. Brown will discuss whether the dream envisioned by Dr. King is alive today.

THURSDAY JAN. 22

- "A Conversation with Wilma Mankiller," noon to 1 p.m., Cole Hall. Humorous, witty and a captivating storyteller, Mankiller, the Principal Chief of the Cherokee Nation, is an astute observer of the American political scene. An important advocate for minority rights and women's issues, she will explore the connections between race and gender that inspire people to work together for social justice.
- Cole Hall Cinema presents "Soul Food," 5:45 and 8:15 p.m. "Mother Joe," the matriarch of an embattled Chicago family, dishes out generous helpings of soul food, love and wisdom during Sunday dinners. (Showing again on Friday, 6:30 and 9 p.m.)

FRIDAY, JAN. 23

- Poets On Parnassus. An open reading with guest poets in honor of Dr. Martin Luther King Jr., 4:30 pm, in Toland Hall. Poets should arrive at 4:15 p.m.

Investment Fund Performance

Total rates of return for the UC 403(b), DCP and comparative indices

Ending November 30, 1997

UC Fund/Index	1 Month	3 Month	12 Month	5 Year*	Year To Date
UC Savings Fund	**0.49%**	**1.50%**	**6.22%**	**6.61%**	**5.67%**
US T-Bill (1-Yr)	0.44	1.34	5.58	5.11	5.12
UC Money Market Fund	**0.46**	**1.40**	**5.62**	**4.92**	**5.14**
US T-Bill (30-Day)	0.39	1.26	5.24	4.53	4.76
UC ICCF Fund	**0.61**	**1.85**	**7.60**	**7.91**	**6.93**
UC Bond Fund	**1.59**	**7.76**	**13.75**	**14.03**	**18.68**
Lehman Bros. Gov't/Corp/Yankee	0.53	3.74	7.61	7.80	8.82
UC Equity Fund	**3.09**	**3.81**	**20.84**	**17.37**	**22.36**
S&P 500	4.63	6.67	28.54	20.14	31.11
UC Multi-Asset Fund	**1.64**	**3.61**	**12.73**	**11.50**	**13.98**

* Annualized rate of return reflects average over the past five years.

Unit values for variable funds as of November 30, 1997: Equity **$201.78**; Bond **101.98**; Multi-Asset **22.62**

Unit values are similar to mutual fund share prices and change monthly to reflect changes in the market value of the fund's underlying investments, inclusive of interest and dividend income. Past performance is neither a guarantee nor a predictor of future returns.

Source: Jerry Neal, UCSF Benefits and Financial Planning

Founders Day events

Events have been scheduled Monday, Mar. 9 and Tuesday, Mar. 10 (research lecture and banquet). Call the Chancellor's Office at 476-2401 for an update.

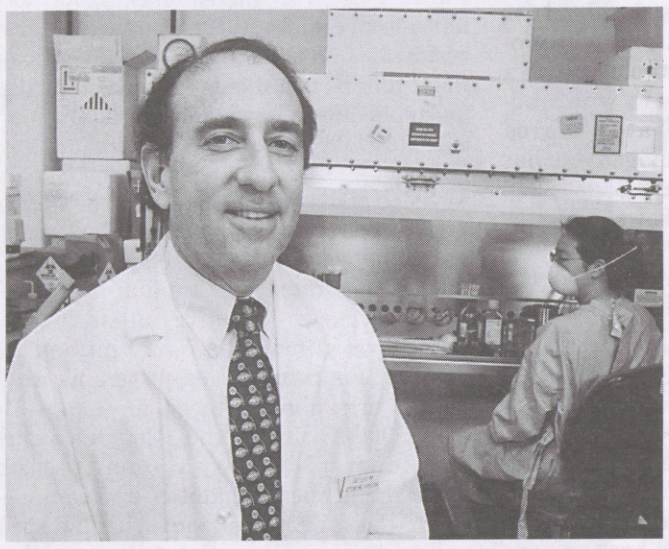
RESEARCH ROUNDUP: ADVANCES IN AIDS

Researchers presented these findings at the Dec. 1 inauguration of the UCSF AIDS Research Center, a new institute that brings together all existing AIDS programs at UCSF under a single umbrella.

HIV vaccination clues

Some individuals who remain uninfected despite repeated exposures to HIV may have a natural ability to vaccinate themselves against the virus, according to Jay A. Levy, UCSF professor of medicine and a research associate in the UCSF Cancer Research Institute.

The UCSF researchers studied 87 people, 56 adults and 31 children, who were considered at high risk of infection yet remained free of the virus. Roughly half of these individuals were found to have the unique immunologic ability to marshal CD8 lymphocytes, a specialized group of infection-fighting white blood cells, to prevent replication of the virus, says Levy, who directed the study.



Chris T. Anderson

Jay Levy

"These individuals may represent naturally immunized people," Levy says. "The induction of this CD8 antiviral suppression may be an important feature to elicit with a vaccine."

The study subjects included both males and females who had multiple exposures to HIV as a result of sexual activity, intravenous drug use or exposure in the womb. All were found to be free of the virus through DNA and antibody testing.

The researchers first looked to see if the volunteers were protected against HIV infection because they lacked a receptor molecule that allows the virus to enter cells. Only two of the 87 study subjects were missing this key protein, Levy says. The overwhelming majority of the volunteers were found to be vulnerable to HIV. Their CD4 cells (infection-fighting white blood cells that are the natural target for HIV) were found to be susceptible to infection.

The researchers then looked for indications of a CD8 cell antiviral response, in which CD8 lymphocytes are able to block replication of HIV without killing infected CD4 cells. Levy first described this antiviral response 10 years ago and found that this process is mediated by a naturally occurring protein called CAF (CD8 antiviral factor) that is unlike other cellular factors produced in the body.

Among the 87 volunteers, Levy found that 43 of them (27 adults and 16 children), or roughly 50 percent, were protected by this CD8 cell antiviral response.

In studying the subjects' white blood cells grown in the laboratory, the researchers found that if they attempted to infect CD4 cells with the virus in the presence of the CD8 cells, viral replication was stopped. However, when the CD8 cells were removed, the virus grew just as it ordinarily would in the target CD4 cells, he said. This natural antiviral suppression has not been observed among individuals who have not been exposed to HIV, Levy notes. He believes the response is triggered in some people upon initial contact with the virus.

"We think it results from exposure to low amounts of virus, which is enough to get the cellular immune antiviral response going," he says. "Each subsequent exposure then acts as a kind of booster." Levy says the researchers have no explanation for why the CD8 cell antiviral response occurs in some people and not in others. But he believes it could be the key to the development of an effective vaccine.

Levy's colleagues at UCSF who were involved in the study are Sharon Stranford, a visiting postdoctoral fellow in the Cancer Research Institute; Diane Wara, UCSF professor of pediatrics; Peggy Weintrub, UCSF associate clinical professor of pediatrics; and Dennis Osmond.

HIV transmissions cut

Not one of 56 HIV-positive pregnant women under the care of the Bay Area Perinatal AIDS Center (BAPAC) since April 1995 has delivered a baby infected with the virus, says Karen Beckerman, program director.

The UCSF program, based at the UCSF-affiliated San Francisco General Hospital (SFGH), has effectively eliminated mother-to-child transmission of HIV through use of combination antiretroviral therapies, as well as counseling and support, careful monitoring and ongoing expert care, says Beckerman, a UCSF assistant professor of obstetrics, gynecology and reproductive sciences.

"Our ultimate goal used to be to prevent transmission from mother to child," she says. "Now our ultimate goal is to get the mom to her child's high school graduation. We still don't know if that is an achievable goal."

BAPAC was one of the first programs in the country to provide coordinated care and services for HIV-positive pregnant women and their families when it was formed in 1989 as a collaborative effort between Diane Wara, UCSF professor of pediatrics, and the SFGH department of obstetrics, gynecology and reproductive sciences.

BAPAC researchers took part in the landmark national clinical trial that found that use of the drug AZT during pregnancy and delivery dramatically reduced rates of perinatal HIV transmission. BAPAC caregivers routinely offered AZT as an option to HIV-positive pregnant women until June 1996, when they switched to use of combination therapy based on new national recommendations for the care of HIV-infected adults, Beckerman says.

Though women are naturally reluctant to take drugs during pregnancy, almost all of the BAPAC patients have opted for the new antiretrovirals, Beckerman says. She believes that change in drug therapy is largely responsible for the lack of transmission recently observed in the program.

Early treatment success

The Options Project, a treatment program for persons infected with HIV for less than six months, has treated 37 persons with early HIV infection who are all doing well, with no drug treatment failures reported.

The Options Project, developed and run by the UCSF AIDS Program at SFGH, is dedicated to attacking the virus in the initial phase of infection, in the hope that the new therapies that are now available will be most successful when used early.

Since the program began in June 1996, the staff has received more than 500 phone calls and screened more than 175 people to determine whether or not they had early HIV infection. The staff identified 42 individuals who had early infection and offered them treatment.

"We will need to follow more patients for a longer period of time to really have sufficient information," says James Kahn, UCSF associate professor of medicine, and director of the Options Project. "But our results to date suggest that there is some substance to the idea that starting antiretroviral treatment early in HIV disease may be an opportunity to get good long-term results."

Early treatment may be important because drugs may be more successful when HIV may be more 'vulnerable,' when it hasn't spread throughout the body and hasn't had a chance to mutate, Kahn says. The individual's immune system is also stronger early in infection and therapy may be more effective then.

For free confidential testing for persons with potential recent HIV exposure call the Options Project at 415/502-8100.

Miramontes (from page 1)

demic. What we need is a vaccine," she says. Her son has been on aggressive treatment since he was diagnosed with AIDS in 1991 and in the last couple of years that treatment has included protease inhibitors. She considers her son fortunate for having health insurance, access to the best treatment available and a lifestyle conducive to adhering to the intense drug regimen. But Miramontes worries that clinicians are starting to blame patients who have "breakthroughs" of AIDS while on the drugs and that they're deciding to prescribe the drugs to some and not others. "I was concerned that clinicians, once people began to break through, would start blaming the patient and sure enough, that's what we saw," she says. "It also bothered me that clinicians were deciding by looking at someone that they can't adhere and thus deciding not to start them on anything. That is absolutely bizarre. So I've really gotten involved in all these adherence issues."

Miramontes is also concerned with the perception that AIDS is on the decline, a perception that was shattered a few weeks ago with the UN report stating that AIDS is more prevalent than previously thought. "People have become kind of complacent and apathetic about it," she says. "They think, well, the numbers have gone down so it must be over. And it's certainly not over." In fact, the report indicated that more than 30 million people are carrying the virus and that six million people worldwide are being infected every year. Miramontes says that in Zimbabwe 35 percent of pregnant women are infected and in India public health officials anticipate that eight to ten million people will be infected by the year 2000. "The most at-risk person worldwide is a woman [aged] 15 to 25, so to me this is just so urgent and such a crisis for all of us. The world is interdependent," Miramontes says.

In her role on the president's advisory council, Miramontes works on a myriad of issues, from needle exchange, vaccines and treatment guidelines to surveillance and prevention efforts. Miramontes credits the Clinton administration with being responsive to the AIDS epidemic, more than any other previous administration, but she, and others on the council, are frustrated with some of its decisions. Never afraid of a controversy, she is outspoken about politically charged issues, such as needle exchange. "The Administration has not taken a strong leadership role on this issue and has said, 'let the policy follow the science,'" Miramontes says. "Time after time we see where the science does support this concept so what we're asking [Health and Human Services] Secretary Donna Shalala to do now is make a determination, to certify that the science is there, that needle exchange is an intervention that helps decrease the transmission of the virus without causing increased drug use."

And although she believes encouraging abstinence is an important component in AIDS prevention education, she disagrees with an abstinence-only policy. "Congress passed a law last year that allocated $50 million to the states to do an AIDS intervention prevention program but by using abstinence only," she says. "This is a total waste of money as far as I'm concerned. Not that abstinence should not be a part. Adolescents should be supported if they decide not to become sexually active. But it certainly should not be the only option."

As an educator — Miramontes is the nurse coordinator for the Pacific AIDS Education Training Center at UCSF — she hopes the government will follow through with its commitment to AIDS prevention, even though its policies are sometimes contradictory. "Health and Human Services has released guidelines recommending aggressive treatment early in the disease and yet at the same time Medicaid only pays for care once there's been an AIDS diagnosis and once the disease has progressed far beyond," Miramontes says. "On the one hand you have them releasing guidelines saying do early intervention aggressively and one other department within Health and Human Services says Medicaid does not cover it. It's another issue we called out loud and clear in our report."



Chris T. Anderson

Helen Miramontes

The council's report to the Clinton administration was published Dec. 7. Serving as an advisory council to the President, Miramontes and the other 31 council members meet a few times a year but spend a significant amount of time outside of Washington, D.C. working on the epidemic. "Our role really, as a council, is not to advise the nation. Our role is to advise the administration, the president specifically and the executive branch," says Miramontes, who over the years has learned how to work as an activist within the system. "If you are attempting to work with someone and negotiate and advise and you need their good will and their response, cutting off your nose to spite your face is not going to do it. But at the same time you also don't want to be co-opted or be an apologist for the administration."

Perhaps an irony too heart-wrenching to fathom, Miramontes' son was diagnosed with AIDS after she spent years doing prevention education. "It was devastating when my son was diagnosed, just devastating," she says. "It was heartbreaking as it is for anybody. Sometimes it helps to know all that I know about the disease, sometimes it doesn't. I do try to live in the here and now and I have forced myself to live for today. Today he feels OK. If I start thinking about the future I become crazy. People ask how I can stand to work in the epidemic and I say 'well, I've never been a victim. I don't believe in being a victim.' So for me to be able to work in the epidemic, says to some degree maybe I can make a difference. I can't imagine not working in the epidemic."

Campus mourns former UC Regent Wada

By ANDY EVANGELISTA

Civic leader, UC Regent and Jack-of-all-trades in the world of community advocacy, Yori Wada dealt with all types of people and personalities, from mayors and chancellors to seniors and street kids.



Wada

In this city known for diversity of people and opinions, those who knew Wada all agree that the community will be poorer without him, but each was enriched by his tutelage.

Wada, who died at age 80 on Thanksgiving Day after a battle with colon cancer, was appointed in 1977 by former Gov. Jerry Brown as the first Asian-American to become a UC Regent. For 15 years he took firm stands on such tough issues as nuclear weapons research, affirmative action and University investments in South Africa. As a regent and longtime resident and leader in the Western Addition, he formed many ties with UCSF and its people.

He was a member of the first UCSF Chancellor's Task Force on Cultural/Ethnic Diversity, the UCSF/Mount Zion Board of Trustees, and the UC Asian-Pacific American Systemwide Alliance (APASA). In 1992, Wada was awarded the UCSF Medal — the highest honor the campus bestows — for his UC service and being a longtime champion of civil rights.

"No one who worked with him could be unchanged by the association," says Julius R. Krevans, chancellor emeritus and now medical director, International Medical Care. "We were all improved by his presence — we are all impoverished by his death."

"His work with the Regents and his belief in affirmative action and equal opportunity made him a mentor and special friend of the Asian-Pacific American community here at UCSF," says Stella Kiyota, an academic personnel analyst and member of APASA.

Wada's hand extended far beyond the Asian community and his Western Addition neighborhood, where he counseled generations of African-American and other youth at the Washington Community Center and the Buchanan Street YMCA.

"He had an excellent sense of appropriateness, fairness and justice," says Eugene Salazar, senior program officer for UCSF Student Academic Programs, who served with Wada for several years on the allocations committee of United Way.

"This is a personal loss, too," says Salazar. "He was one of my heroes."

As a strong supporter of UCSF, "he believed in the mission of this university, but if he felt that we were doing something wrong, he would point it out," Salazar says.

Marty Diamond, director of UCSF/Mount Zion Medical Center, used the term "community elder" to describe Wada, who served on the UCSF/Mount Zion Board of Trustees beginning in 1990. "He cared very deeply in improving the human condition. He was the ultimate ideal of the person you want to shape society."

Steve Neuberger, director of community relations at UCSF, says Wada would attend even the smallest neighborhood meetings. "He insisted on mutual dialogue and that we listen to our neighbors. He was never dismissive of any suggestion."

Neuberger, who worked with Wada as a member of former Mayor Art Agnos' staff before coming to UCSF, was, however, most impressed with Wada's work with the city's youth. "He supported the development and leadership of young people and insisted that we listen to them."

Wada was a father figure to many, including Robert Obana, UCSF budget director, who hung out at Buchanan YMCA as a kid. "Yori was not a preacher. He let you run — gave you a little space — but reigned you in when you got out of line," says Obana, whose relationship with Wada began at age six when he was in Cub Scouts with Wada's son, Wayne.

"As I grew up, I came to realize what Yori represented — and not just in the Japanese-American community," says Obana. "He stood up for everyone, especially the underdog."



Robert Foothorap

UCSF's Elaine Park, far left, demonstrates the high-tech gamma knife to visiting nurses Josephine Li and Peter Li, from the Hong Kong Hospital Authority. The two were among 19 nurses who spent a week at UCSF.

Nurses host peers from Hong Kong

Home to a historic transformation, Hong Kong is also experiencing the global revolution in health care, according to a group of nursing professionals who visited the UCSF School of Nursing recently.

The visiting nurses were shocked at the costs of health care in the US, but acknowledged health care costs have become a subject of great debate in Hong Kong as well.

The group of 19 nursing specialists representing 44 institutions under the Hong Kong Hospital Authority spent a week studying nursing practices at UCSF with an eye toward quality improvement in their own hospitals. The nurses are participating in a program of the Institute for Advanced Nursing Studies in Hong Kong.

For the past few years, the cost of financing health care has been a subject of controversy in Hong Kong, where socialized medicine is available to all residents. While touring the medical center at UCSF, the nurse professionals were astonished by American health care costs and repeatedly noted a night's stay in the hospital in Hong Kong costs only $68. "And that includes a bone-marrow transplant," says Josephine Li, senior nursing manager for the Hospital Authority. Outpatient visits, including medicine, are about $44, the nurses say.

But that may not be the case for long. The pressure to keep health care costs down appears to be global.

"We are under heavy cost constraints," Li says. "We are looking for alternatives."

Three years ago, the Hong Kong government published its Rainbow Report, which attempted to introduce the idea of an insurance-paid health system. Although the issue has been much-debated, citizens' groups have firmly opposed attempts to change the system, the nurses say.

In visiting the UCSF School of Nursing, the group from Hong Kong especially hoped to examine advanced nursing practices, the role of clinical nurse specialists and the increasing role of nurse-practitioners — all areas in which the UCSF School of Nursing specializes.

The 19 nursing supervisors are also looking at quality improvement projects, patient documentation and the expansion of medical informatics — and how that can enhance the caring profession.

"These are areas we are developing. UCSF provides a model and we want to see whether it is applicable to our situation," Li says.

The visit may result in further exchanges between the institutions. Already, UCSF nursing specialists have been invited by the group to visit Hong Kong in the coming months.

The visit was co-hosted by the UCSF School of Nursing's departments of Physiological Nursing and Community Health Systems. Coordinating the visit were Hanna Rege and Claudia West, associate clinical professor.

—Dale Martin

CAMPUS BRIEFS

Catastrophic leave up for campus review

The campus community is asked to comment on a draft of the Catastrophic Leave Sharing Program, which is proposed for implementation in early 1998. The program provides for all employees who accrue vacation leave to be able to donate accrued vacation leave to another employee when a catastrophic illness or injury befalls that employee or because the employee is needed to care for a seriously ill family member. For purposes of the program, a family member is defined to include domestic partners and other persons residing in the employee's household. The program can be reviewed on the Human Resources web page. Comments or questions may be sent to Labor and Employee Relations, Box 1202, or to Linda Glasscock vie email at crystal@itsa.ucsf.edu.

Learn how to sign

The UCSF Center on Deafness offers an American Sign Language (ASL) class beginning Wednesday, Jan. 28. Deadline to register is Wednesday, Jan. 14.

Fourteen Wednesday sessions will be held through April 29th from 12:30 to 1:30 p.m. Classes are held at the Laurel Heights campus, Suite 115, large conference room. Instructor Betty Ann Prinz is a deaf bilingual professional with more than 20 years experience teaching ASL.

To register, send a $60.00 (non-refundable) course fee to UCSF/Center on Deafness, 3333 California St., Suite 10, San Francisco, CA 94143-1208. Make checks payable to UC Regents/Sign Language Class. For more information, call 476-7094.

Nominate now for stellar campus, public service

Nominations are being accepted for the Chancellor's Award for exceptional University service and public service.

The nomination deadline for service on campus is Friday, Jan. 9. The deadline for public service nominations is Monday, Jan. 19.

This University service award recognizes non-academic supervisors and staff employees who have consistently performed in their University positions at a level beyond what is ordinarily expected. Additional details/criteria are described in the nomination form recently distributed to the campus community. The award includes a certificate and a check for $2,000 (before taxes) which will be presented at the Founders Day Awards Luncheon on Monday, March 9, 1998.

The public service award recognizes and rewards those faculty, staff and students of UCSF who have performed extraordinary community service. UCSF Stanford Health Care employees in San Francisco are eligible for the award. In addition, nominees may be selected to receive the Thomas N. Burbridge or the Edison Uno Public Service Award. The awards are for $1,500 each, with an additional $100 given by the UCSF Black Caucus for the Burbridge award. Nominations must be submitted to the Chancellor's Award for Public Service Committee, c/o Public Affairs, Box 0462, by 5 p.m., Jan. 19.

Nomination forms for University service may be obtained from Human Resources (main reception desk at Laguna Honda or any HR division), the Chancellor's Office, via the Human Resources Website, or by contacting Joanne Fraysse at 476-4285.

Vanpool needs drivers

The UCSF Van Pool for the Oakland and San Leandro area needs drivers.

UCSF employees who work from 7:30 a.m. to 4:30 p.m. are encouraged to drive the vanpool, which arrives on the Parnassus campus at 7:25 a.m. and leaves at 4:30 p.m. Drivers get the added benefit of riding free of charge on the days that they drive. Drivers also may park the van at their residence and make minor adjustments to the current vanpool pick-up locations and times, which are at 6:45 a.m. at Marlowe and I-580 and at 6:55 a.m. at Grand Ave. and I-580. The monthly cost to riders for this vanpool commute is $89. For more information, call Tim McNeil of UCSF Parking & Transportation at 476-1512.

Workshop teaches coping skills for chronically ill

Beginning next year, the UCSF Psychiatry Care Clinic will offer a 10-week psychoeducational program for people who want to reduce stress associated with chronic illnesses such as diabetes, high blood pressure, arthritis and migraines.

Program participants will learn skills to help them cope with pain, relax and manage medication as well as learn about the relationship between mood and illness.

The group is expected to begin meeting the second week of February at the medical office building located at 2330 Post St., across from Mount Zion hospital. The time will be determined by participants' needs. Cost per session is $30. For more information on the program, call Patricia Arean at 353-7274.

Funding available to curb toxic substances

The UC Systemwide Toxic Substances Research and Teaching Program is requesting proposals to award graduate student fellowships and investigator-initiated research grants for 1998-99.

The UC Toxic Substances Research and Teaching Program recognizes the importance of University research that addresses the major problems of pollutants across the state. Therefore, graduate students and investigators whose research addresses the emerging problems of the toxic environment are encouraged to apply.

The application deadline for both types of awards is 5 p.m., Friday, Jan. 30. Funding will be made available as of July 1.

For more information, visit the program's website at www.tsrtp.ucdavis.edu/

For questions or copies of the required application forms (also available on the web) please contact: Mika Pringle Tolson, program coordinator, at 530/752-2097 or email her at mptolson@ucdavis.edu.

Looking a lot like Christmas

Whether it's donning a Santa cap or decorating departments, the campus community continues to celebrate the Yuletide season.

Richard Williams, a busperson in the Moffitt Cafe and Grill, shows his spirit every year by donning a Santa hat and growing his beard. "I put it on the day after Thanksgiving and keep in on to New Year's day," says Williams. "I cut off my beard then too because I've gotta come into the new year looking good."

Asked why he practices this annual ritual, Williams says simply, "It gets me into the mental frame of mind to go shopping."

Shoppers came out in full force at Millberry Union recently to browse and buy works by more than 70 merchants at the annual holiday crafts fair. The mood was jubilant as people navigated the tables lined with jewelry, clothes, candles, art and even whimsical scrubs while children from the campus child care center posed for photo ops on Santa's lap.

Jackie Houston, one of the 43 UCSF craftspeople at the fair, was selling greeting cards and portraits with the help of her daughter, Natisha. An Environmental Services employee for 22 years, Houston has been painting, drawing and doing sculpture for three decades. Inspired by cultures from around the world, with a strong African influence, Houston's cards feature Christmas trees and African figures. She hopes to someday open a gallery featuring local artists.

Janet Molinari, a program administrator in the anesthesia department, showed her talent spinning wool from a sheep raised by her parents on their farm in Sebastopol. Molinari took up the art of knitting some 8 years ago to keep her entertained on the long commute from her own home in the northern city.

Art Viloria, whose wife Olivia works in library administration, sold wire art sculptures. The small, colorful figures of football players, rock climbers and bicyclists were inspired by his full-time job in security. "I saw what people put on top of their computers as I walked around and made these to remind people of the things they like and did," he said.



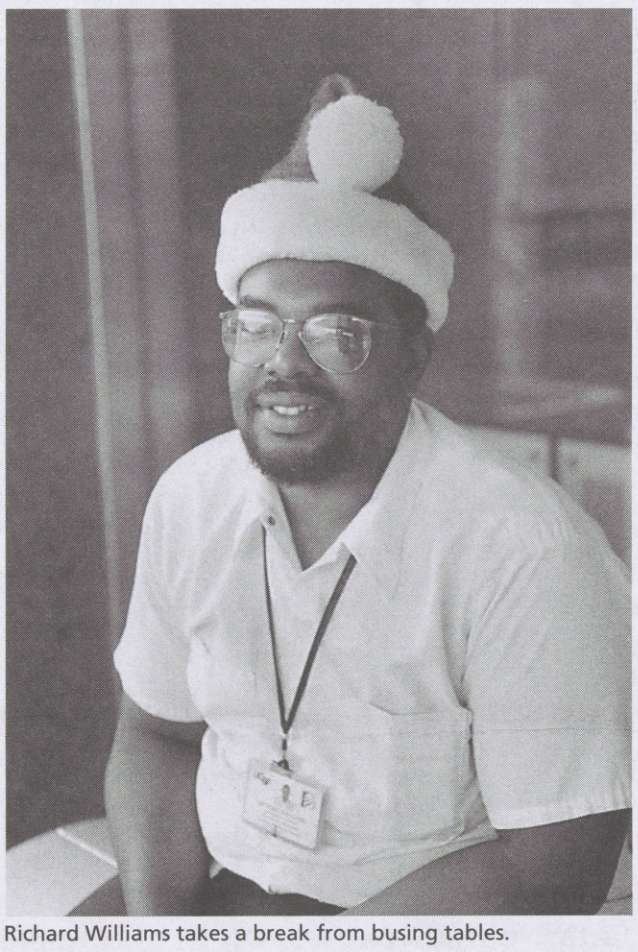
Lisa Cisneros

UCSF employee Janet Molinari, right, spins wool to create handmade items while her colleague Karen Trance watches.



Chris T. Anderson

For the past 22 years, Frank Treanor, chief of SF fire station #21, has been coming to UCSF as Santa to deliver gifts and good cheer to children in the Medical Center. At his recent annual visit, Santa delights Trisha Atricia, 16, with assorted gifts.



Lisa Cisneros

Richard Williams takes a break from busing tables.

USHC (from page 1)

case the organization sees a delay in reaching its projected patient activity and revenue enhancement targets, he noted.

"So far to date, it looks pretty good," Furnstahl said.

Also built into the budget are incentives for physicians. Stanford has had several years of experience offering its incentives for providing cost-efficient care as well as timely and appropriate communication with referring physicians. It's expected that this incentive program will be extended to physicians at UCSF as well.

According to Furnstahl, UCSF Stanford's 15 percent debt ratio is less than the 31 percent median of most financially robust academic medical centers. That's because up to now most capital improvements have been paid for from cash in the bank. As a result, Furnstahl said, UCSF Stanford has less liquidity than its peer medical centers. He expects that the organization will borrow money for large projects in the future. As a nonprofit, public health benefit corporation, it can borrow at lower tax-exempt rates.

He outlined several financial goals for 1998. Perhaps the most challenging of these is developing, testing and gaining agreement on a new, integrated funds flow system that shares risks and rewards between the institution and its physicians across disciplines. He expects to implement the funds flow system in year three of operations.

The financial team from all four sites is also working on reorganizing the billing and patient accounting processes, as well as creating a comprehensive long-range financial model and five-year operating and capital budget plans.

While the road to bring together some 11,000 employees at four sites has been relatively smooth, the new organization has hit a few bumps since it began operations Nov. 1, said Bruce Schroffel, chief operating officer of the San Francisco campus. Most noticeable to the rank and file was a snafu with payroll that resulted in some employees not getting paid.

Compensation is the source of other concerns as well. Some employees of the merged enterprise have heard that there are variances in some salaries between the UCSF and Stanford workforce. "I doubt that it's as pervasive as some believe," said Schroffel. Nevertheless, UCSF Stanford officials will review all salaries to look at equity and market-based issues over the next two to three months and will make appropriate adjustments when necessary, he said.

Start-up operations have also been hindered somewhat by problems getting supplies from the recently combined materiel management department. These troubles have largely been averted as the single information system came online to track inventory supply and demand across all sites.

Schroffel urges managers to raise any other issues or problems that need to be addressed in the months ahead. "Let's get them solved," he said, "That would be critical in terms of moving ahead."

MLK (from page 1)

associate dean of admissions in the School of Medicine. "For many of the incarcerated youth, this represents their first positive experience in the classroom setting, their first experience with an educated advocate and their first personal relationship with someone as successful and 'powerful' as our medical students."

Lowenstein, who co-chaired the Chancellor's Steering Committee on Diversity from 1995 to 1997, led a group of faculty, staff and students to develop an agenda for addressing affirmative action issues and improving diversity on campus. Lowenstein, an outspoken and passionate advocate of affirmative action, "has mobilized over a hundred members and volunteers to come together to work on the committee," say award nominators. "As a distinguished faculty member, Dr. Lowenstein exemplifies the model teacher and mentor to many students from different cultural and ethnic backgrounds."

Hsu will also be honored for her work on the diversity committee, which she co-chaired with Lowenstein. "Stella's extraordinary leadership, commitment and dedication, has resulted in numerous programs and activities that promote and advance the mutual respect, understanding and appreciation for the cultural and ethnic diversity within our campus community," her nominators say. She was a driving force behind a campus survey, which is being used to help UCSF set goals for future diversity efforts.

See page five for the schedule of events for Martin Luther King Jr. Week at UCSF.

Glide (from page 1)

Francis Memorial Hospital and St. Mary's Medical Center is donating his time. Galzagorry, assistant clinical professor in the UCSF School of Nursing, will direct the health services while Glide staff will provide case management and clinic administration.

The clinic will initially be open for business on Mondays and Thursdays from 1 to 5 p.m. Hours and days of operation will expand as it becomes more established.

Adult services to be provided include health screenings, healthcare maintenance, chronic and acute disease management, counseling and referral, patient education, and referral to recovery programs. More complicated cases will be referred to St. Francis Hospital's Emergency Room with follow-up provided at the Glide Clinic. Future services will include mental health care, acupuncture, and non-traditional medical services.

The clinic is funded by a $100,000 grant from St. Mary's and St. Francis Foundations, which will support the initial six months of operation. San Francisco philanthropist John Roth also donated $240,000 to help fund the project. In addition, Oceania Inc., has donated a software package that will provide state-of-the-art computerized medical records.

The clinic will also provide a learning opportunity for UCSF nursing students, who will be able to treat a culturally diverse, high-risk and underserved population.

"Because of managed care, it's become increasingly difficult to find placements for students in the community. There was a real need to create more faculty practice sites," Galzagorry adds.